# exercise class programme
## Summerfields Leisure Centre

**Accurate as of 12/10/2024**

### Times for Sunday 12 February

| Time | Session | Facility | Instructor | Level |
|---|---|---|---|---|
| 9:00 am - 10:00 am | Zumba | dance studio | Karina | |
| 10:00 am - 11:00 am | Total Body Conditioning | dance studio | Karina | |
| 11:00 am - 12:00 pm | MyRide Virtual | spin studio | | |
| 1:00 pm - 2:00 pm | MyRide Studio | spin studio | | |
| 2:10 pm - 3:00 pm | MyRide Tour | spin studio | | |
| 4:00 pm - 5:00 pm | MyRide Virtual | spin studio | | |